MR. SKYPE – NOVI ČLAN GRUPE

/ MR. SKYPE — THE NEW MEMBER OF THE GROUP

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Krajem prošle godine pristigle su prve obavijesti za tradicionalni godišnji stručni sastanak Instituta za grupnu analizu Zagreb – kolokvijalno zvan Study days. Ove je godine održan 23. put. Tema stručnog sastanka bila je prilagođena vremenu u kojem živimo, vremenu brzoga tehnološkog napretka u kojem pojedinac kao član grupe mora pronaći svoje mjesto.

„Mr. Skype – novi član grupe" tema je koja je okupila velik broj stručnjaka psihoterapeuta te je jedna od rijetkih prilika za njegovanje identiteta grupnih analitičara. Dvodnevno druženje održano je 15. i 16. ožujka 2019. u prostorijama Klinike za psihijatriju Vrapče.

Skup je kao i dosad bio međunarodnog karaktera; na njemu su prisustvovala 83 sudionika iz četiriju zemalja: Bosne i Hercegovine, Hrvatske, Srbije te Velike Britanije. Ovaj put motivirani više nego prije, odazivamo se pozivu na sudjelovanje na skupu te iz Mostara nas petero zaljubljenika u grupnu analizu kreće jednim kolima. Vrijeme nas je

Towards the end of 2018, first notifications regarding the now already traditional annual professional meeting of the Zagreb Institute of Group Analysis started pouring in. The event is commonly referred to as Study Days and this year, it was held for the 23rd time. The topic of the professional meeting was adapted accordingly, aptly reflecting the times we live in, the times of rapid technological advancement, in which an individual, as a group member, must find their place.

"Mr. Skype – The new member of the group" is a topic that has brought together a range of psychotherapy experts, and is one of the rare opportunities to foster the identity of group analysts. This two-day event took place on 15-16 March 2019 on the premises of the University Psychiatric Hospital Vrapče in Zagreb.

As in previous years, the gathering was of international character, and it was attended by 83 participants from four countries: Bosnia and Herzegovina, Croatia, Serbia and Great Britain. This time, motivated more than ever, us five group analysis enthusiasts from Mostar have accepted the invitation to participate in this event, and started our journey by carpooling to Zagreb together.

poslužilo, sastanak se održavao točno vikend prije nego što je službeno započelo proljeće, no ono se već umnogome nadvilo nad zagrebačko nebo. Stižemo s osmijehom na licu, puni želje za novim iskustvima, registriramo se i tražimo poznata lica, radujemo se ponovnom susretu. Ulazimo u prostoriju gdje je planirano održavanje velike grupe, gledamo raspored, voditelj grupe je Aldo Špelić. Stolci su poredani u tri kruga. Sjedamo u drugi. Prvi red ipak je ostavljen za autoritete koji posljednji ulaze u prostoriju. Sve počinje točno prema rasporedu. Kako smo svi naučili, bitan je okvir i *setting* grupe. Počelo je s tišinom, većina sudionika gleda u pod, osjeća se blaga nelagoda, grč, ipak nije isto kao prethodnih godina. Snažno se osjeća nedostatak ljubaznog dočeka i govora dobrodošlice profesora Vlade Jukića, koji je preminuo dva tjedna prije sastanka. Tišinu prvi razbija profesor Hasanović sjećanjem na pokojnog profesora i svi ostajemo zamišljeni na komentar profesorice Frančišković da je „smrt posljednje novo iskustvu u životu".

Brzo postaje radno, velika grupa – veća regresija. Uočila sam stvaranje parova, nezainteresiranost. Imam osjećaj da nema slobode u iznošenju misli, bilo je monopoliziranja od strane pojedinih sudionika nepovezano s temom skupa, možda je voditelj mo-

We had unbelievable luck with the weather, as it was the weekend before the official start of spring, and spring has already decided to make an appearance above Zagreb skies. We arrived with smiles on our faces, filled with desire for new experiences. We registered ourselves, looking for familiar faces and looking forward to a reunion with colleagues. We entered the room where the large group session was supposed to take place, we checked out the schedule and we realized that the function of the group leader has been entrusted to Aldo Špelić. The chairs were aligned in three circles and we decided to settle in the second one, as the first circle is usually reserved for the experts - the last to enter the room. Everything went right according to the schedule, as all of us have learned the importance of the framework and the setting of the group. The meeting started with silence, with most participants looking down, there was discomfort and tension, it did not feel the same as in previous years. The absence of the kind welcome and opening speech by Professor Vlado Jukić, who passed away two weeks before the meeting, was poignantly felt at this moment. The silence was broken by Professor Hasanović, with remembrance remarks about the late Professor Jukić. We were all left deep in thought after Professor Frančišković's comment that "death is the last new experience in life"...

The activities quickly picked up, large group resulting in bigger regression. I noticed immediate creation of dyadic pairs, the overall indifference. I felt that there was no freedom of expression, and certain participants had a tendency to monopolise the time with

gao više usmjeriti raspravu i učiniti je izazovnijom...

„Mr. Skype" je prisutan kao punopravni član grupe i ne možemo ga više zanemariti, tehnologija se toliko uvukla u naše živote da jednostavno prihvaćamo da se teško funkcionira bez nje.

Sylvia Hutchinson, psihoterapeutkinja, grupna analitičarka te bivša predsjednica EGATIN-a ove je godine bila gošća predavačica. Održala je vrlo zanimljivo predavanje: *Group Analytic Identity: constructing identities in the age of the smartphone*. Bilo je teško održati koncentraciju zbog načina prezentacije, čitanja projekcije iz Word dokumenta, što je ipak malo umanjilo cjelokupni dojam i uloženi trud predavačice. Profesor Urlić dao je svoj osvrt, uslijedila je kratka rasprava, osjećao se umor sudionika. „Mr. Skype" očekuje modernizaciju i u načinu prezentacije kako bi ozračje bilo zaigranije, a sudionici uključeniji u nove spoznaje. Čini mi se da još pružamo blagi otpor da ga primimo kao novog člana grupe.

Nakon kratke stanke poslije predavanja u gužvi tražimo popise za male grupe, gledamo tko je s kim u grupi, tko su voditelji. Na ploči je sedam popisa, a voditelji su: Marija Bačan, Branka Begovac, Vedran Bilić, Dolores Britvić, Mevludin Hasanović, Sanja Janović i Mirjana Pernar.

topics largely unrelated to the theme of this event. Perhaps the group leader could have intervened in order to streamline the conversation and make it more challenging.

"Mr. Skype" is present and recognized as a full member of the group and we cannot ignore it anymore. Technology has become intertwined with our daily life, so much so that we have come to accept that, in today's world, it is difficult to function without it.

Sylvia Hutchinson, psychotherapist, group analyst and former president of the EGATIN group, was the guest lecturer this year. She had a very interesting lecture entitled: Group Analytic Identity: Constructing identities in the age of the smartphone. It was difficult to maintain interest due to the way in which the presentation was delivered, reading projections from a Word document, which slightly reduced the overall impression and the hard work done by the lecturer. Professor Urlić made his point, followed by a short discussion, after which participants' fatigue was palpable. "Mr. Skype" should imply modernisation in the way presentations are delivered, in order to make the atmosphere livelier and to engage participants in acquiring new knowledge. I was under the impression that we were still slightly reluctant to accept Mr. Skype as the new member of the group.

After a short break, we hastily searched for the lists of small groups, looking at who got assigned into which group, and who are the group leaders. There were seven lists on the board with Marija Bačan, Branka Begovac, Vedran Bilić, Dolores Britvić, Mevludin Hasanović, Sanja Janović and Mirjana Pernar being chosen as leaders of each group.

Izvrsno je što su prostorije namijenjene za održavanje grupa bile raspoređene po cijelom kompleksu Klinike za psihijatriju Vrapče, tako da smo imali priliku prošetati, uživati u uređenom okolišu i istraživati. Nije bilo putokaza pa je to bila prilika da lakše priđemo jedni drugima, ostvarimo nova poznanstva, tražimo pomoć.

Večer je ostavljena za druženje i opuštanje u restoranu „Oliva". Nakon napunjenih baterija sudionici su bili spremni za još jedan intenzivan radni dan.

Subota. Održane su tri male grupe, supervizijska grupa i nakraju za rastanak velika grupa. Organizirane su tri supervizijske grupe, meni iznimno važan dio skupa te godine jer sam kao edukantica iz grupne analize u fazi pisanja završnog rada dobila zadatak da prikažem svoju grupu. Nije bilo jednostavno prikazati svoju grupu novoj supervizijskoj grupi i novom supervizoru, Goranu Tošiću. Bio je to velik izazov i prilika da se nauči nešto novo jer su se pojavljivale različite asocijacije svih članova grupe, uključujući voditelja, što mi je pomoglo da napišem završni rad.

Voditelji ostalih dviju supervizijskih grupa bili su Esimana Avdibegović i Slobodanka Kezić, a svoj su rad prikazivali Anamarija Milun i Ivo Matulić.

Nažalost, zbog osobnih razloga ove smo godine krenuli natrag u Mostar

It was wonderful that the premises intended for group sessions were distributed over the entire complex of the University Psychiatric Hospital Vrapče, which gave us an opportunity to easily walk around, enjoy the nicely maintained environment and explore our surroundings. There were no signposts anywhere, which gave us an excuse to approach each other more easily, make new acquaintances, and reach out to each other.

The evening was reserved for socializing and relaxing at the restaurant "Oliva". After recharging the batteries, the participants were ready to embark on another intense day of work.

On Saturday, three were three small groups, supervision group and, at the end, one large group, to wrap things up. There were three supervision groups, and this was a very important part of the event to me, because as educand in group analysis in the middle of writing my final thesis, I was tasked with presenting my group. It has not been an easy task to present my group to the new supervision group and the new supervisor, Goran Tošić. However, this was a great challenge, as well as an opportunity to learn something new, because I received invaluable inputs from all members of the group, including its leader, which facilitated the writing of my thesis.

Leaders of the other two supervisory groups were Esimana Avdibegović and Slobodanka Kezić, with Anamarija Milun and Ivo Matulić presenting their work.

Unfortunately, for personal reasons, this year we had to head back to Mostar before

prije završetka skupa, tako da smo propustili jednu malu i veliku grupu. Naše se odvajanje odigralo u tri čina. Nije nam bilo lako, dvoumili smo se, ali smo nakraju svi zaključili da su nam organizacija i cjelokupni dojam ovogodišnjeg skupa Study days bili najbolji. Na povratku smo razgovarali o tome što smo propustili. Bilo nam je žao zbog iskustva koje smo propustili u maloj grupi. Za velikom grupom nismo žalili, pitali smo se kako bi izgledala velika grupa u Mostaru... Ljudi se i dalje boje za egzistenciju, teško progovaraju o nezadovoljstvu, gotovo je nemoguć konstruktivan dijalog s autoritetima. Svi dosadašnji pokušaji promjene takva ozračja urodili su sukobom. Vladaju bezakonje, kaos, nered. Iako je mnogo vremena prošlo od rata, sukobi se i dalje osjete...

Na kraju autoputa Zagreb – Split dočekao nas je zalazak sunca. Vratio nas je ljepšim osjećajima i ushićeni doživljenim pričali smo o procesu preobrazbe, o „Mr. Skypeu" i o lijepom osjećaju bivanja dijelom cijele te priče kao članovima velike obitelji Instituta za grupnu analizu. Kao gosti osjećali smo se ugodno, susreti s poznatim licima obradovali su nas i u Mostar smo se vratili ispunjeni.

the end of the event, which meant that we missed one small and one large group. Our separation happened in three stages, it was not easy, there was a lot of hesitation, but in the end we all concluded that the organization, as well as the overall impression of this year's Study Days was overall the best. On our way home, we talked about everything that we were missing out on. We truly regretted not being able to participate in discussions of the small groups, which cannot be said for the large group. We wondered what the large group would look like in Mostar. Unfortunately, people still fear for their future, they are reluctant to speak out about their discontent, and constructive dialogue with authorities is practically non-existent. All previous efforts to change such an atmosphere resulted in conflict. Lawlessness, chaos and disorder are still omnipresent. Although the war ended a long time ago, conflict is still acutely felt everywhere.

At the end of the motorway Zagreb-Split, we were greeted by a spectacular sunset, which lifted the mood and made us think about nicer things. Thrilled by this experience, we talked about the transformation process, about "Mr. Skype", and about the wonderful feeling of being a part of this whole story, and being a member of the extended family of the Institute for Group Analysis. We felt very welcomed as guests, we enjoyed encountering familiar faces, and we returned to Mostar truly fulfilled and reenergized by this encounter.